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Tuesday, October 2, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



FIRED UP

Catt Sadler on the gender pay gap and what's next. 17

GETTY IMAGES

Believe it or not, Halloween starts tonight. 16

Taking positives from another disappointing Mets season. 20

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MUST BE 18 TO ENTER

Dozens of incarcerated teens were moved from Rikers Island on Monday as the statewide “Raise the Age” legislation went into effect. 4

“The music is **powerful, beautiful.** It grabs you, and you rise with it.”

—Dominique Föllmi, Geneva Orchestra



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NIKKI M. MASCALI, REPORTER

Last year, New York passed "Raise the Age" legislation in which juveniles under 18 would no longer be prosecuted as adults. The law went into effect this week, and dozens of 16- and 17-year-olds were transferred from Rikers Island to an age-appropriate detention center in the Bronx, where they'll access counseling, health care, recreational activities and a full-time education program. Learn more on page 4 and visit [metro.us](#).

ASSAULT CHARGES FILED
AGAINST CARDI B IN NYC

I Bronx-born rapper Cardi B turned herself into a Queens precinct on Monday after an incident that took place at a Queens strip club Sunday night. According to TMZ, Cardi B's entourage attacked two bartenders at Angels Strip Club in Flushing, Queens. The incident reportedly occurred because Cardi B suspected one of the women had slept with her husband, Offset. Cardi B was at the club to see her husband perform in his group, Migos, but things turned ugly when the 25-year-old Bronx-born rapper

instructed members of her team to attack bartenders Jade and Baddie Gi with bottles, chairs and a hookah device. TMZ reported both women were hurt but refused to seek medical attention. Cardi B was arrested and charged with two misdemeanors for reckless endangerment and disorderly conduct. This isn't the first time Cardi B has been involved in an altercation with Jade and Baddie Gi at Angels. A similar incident occurred in August, when Cardi B ordered her team to attack the women.

LENONY WHITAKER

TRUMP HAILS TRADE PACT
AS WIN FOR US WORKERS

2 President Donald Trump on Monday touted a new trade deal with Canada and Mexico as a win for U.S. workers while investors breathed a sigh of relief that the key pillars of NAFTA had survived his hardball strategy to reshape global commerce. Washington and Ottawa reached an agreement on Sunday after weeks of tense bilateral talks to update the 1994 North American Free Trade Agreement. The United States had forged a separate trade deal with Mexico, the third member of NAFTA, in August.

The new agreement, called the United States-Mexico-Canada Agreement (USMCA), is aimed at bringing more jobs into the United States, with Canada and Mexico accepting more restrictive commerce with the United States, their main export customer. "These measures will support many — hundreds of thousands — American jobs," Trump said at the White House, describing the trade deal as "the most important" the United States had ever made. "It means far more American jobs, and these are high-quality jobs," he said.

CATALONIA MARKS THE FIRST ANNIVERSARY
OF ITS INDEPENDENCE REFERENDUM

3 Catalonia's pro-independence supporters march during a demonstration to commemorate the first anniversary of the independence referendum in front of the Escola Mediterranea school on Monday in Barcelona, Spain. The independence referendum was approved by the Catalan Government in October 2017 and subsequently banned by Spain's government. The police operation to prevent the referendum cost €87 million and left nearly 900 injured. According to the Catalan Government, 90 percent of the votes backed secession.

MICROSOFT'S ALLEN
TREATED FOR CANCER

4 Microsoft Corp. co-founder Paul Allen said on Monday he had started treatment for non-Hodgkin's lymphoma, the same type of cancer he overcame nine years ago. In a brief statement, Allen said he learned recently that the cancer had returned and said he planned "on fighting this aggressively" while staying involved in his philanthropic and business dealings. "A lot has happened in medicine since I overcame this disease in 2009," Allen said. "My doctors are optimistic that I will see good results from the latest therapies, as am I." Allen,

who left Microsoft in 1983, said he plans to stay involved with Seattle-based Vulcan Inc., which he formed in 1986 to manage his multibillion-dollar portfolio. His investments include philanthropic activities and business dealings, including ownership stakes in professional sports teams the Portland Trail Blazers, Seattle Seahawks and Seattle Sounders FC. Allen, who ranked 44th on Forbes magazine's 2018 list of billionaires with a fortune of \$20.5 billion, is a major benefactor in Seattle, funding everything from libraries and universities to brain research.

MORE THAN 1,200 MISSOURI
SEX OFFENDERS 'MISSING'

5 Local authorities in Missouri do not know the locations of more than 1,200 sex offenders, including nearly 800 who would be classified as the most dangerous, according to a report by the state auditor released on Monday. Missouri law requires those convicted or found guilty of sexual offenses to register their name, address and other information with local law enforcement, the auditor's office said. The information is made public through a database and website maintained by the Missouri State Highway Patrol.

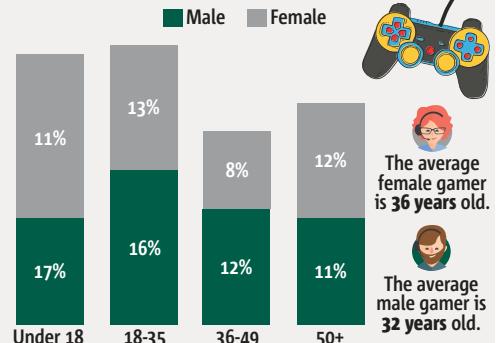
But because of local officials' inadequate enforcement of registration requirements, 1,259 registered sex offenders failed to follow law, Missouri State Auditor Nicole Galloway said. "Law enforcement can't track the location of registered sex offenders if sex offender laws are not enforced," Galloway said in a statement. "This also takes away the ability of Missourians to effectively use the sex offender registry when making decisions to protect themselves and their families." The state auditor serves as Missouri's independent watchdog agency.

STATS

ENTERTAINMENT SOFTWARE ASSOCIATION

GAMING GENDER

Age breakdown of people playing computer and video games in the U.S. in 2018



NEWS

"No one under 18 will go to Rikers Island. Kids will be treated like kids instead of adults," Mayor Bill de Blasio said Monday.



NIKKI M. MASCALI
nikki.mascali@metro.us

As part of last year's statewide "Raise the Age" legislation, in which juveniles under 18 will no longer be prosecuted as adults, dozens of incarcerated teens have been moved from Rikers Island to a dedicated juvenile facility.

"Beginning today, no one under 18 will go to Rikers Island. Kids will be treated like kids instead of adults," Mayor Bill de Blasio said in a statement Monday. "This is a historic moment for criminal jus-

Teens removed from Rikers as 'Raise the Age' goes into effect



As part of the "Raise the Age" law, dozens of incarcerated teens have been transferred from Rikers Island to a dedicated juvenile facility this week. iSTOCK

tice reform and another step toward replacing Rikers Island with smaller, safer, more humane facilities that are closer to communities and loved ones."

According to Department of Correction data cited by the New York Times, there were 79 boys and five girls ages 16 and 17 at Rikers in August. The city plans to close Rikers Island by 2027 and replace it with community-based jails across the five boroughs.

"Evidence shows that 16- and 17-year-olds should not be treated the same as adults — in the courts or in our prisons," added State Assembly Speaker Carl Heastie. "Passing this legislation and removing youth from Rikers are significant steps that give young people a second chance to grow up and pursue meaningful rehabilitation

for nonviolent mistakes without forfeiting their futures."

The teens have been transferred from Rikers to the newly revamped Horizon Juvenile Detention Center in the South Bronx, where officials said they have better access to age-appropriate services such as counseling, health care, mental health services, recreational activities and a full-time education program run by the city's Department of Education.

"If we are to grow and improve as a society, we need to work with our youth so they become the contributors we want them to be, not the criminals we fear they will become," said Karol Mason, president of John Jay College of Criminal Justice. "Our responsibility now is to go even further: invest-

ing in education, investing in support to provide resources that allow them to become successful adults."

"Passing this legislation and removing youth from Rikers are significant steps that give young people a second chance."

State Assembly Speaker
Carl Heastie

Initially, the Horizon juvenile facility will be staffed by counselors from the NYC Administration for Children's Services (ACS), correction of-

ficers and Department of Education staff. The DOC will phase out its officers at the facility over the next 18 months, when ACS will take over all operations.

"This is a historic day, as we witness the implementation of one of the most groundbreaking juvenile justice reforms in New York's history, Raise the Age," ACS Commissioner David A. Hansell said.

Horizon is one of two ACS-operated detention facilities. The other is Crossroads in Brooklyn, which will house those under 17 who are charged with certain crimes. In addition to housing the just-moved adult-charged teens from Rikers, Horizon will also accept newly arrested 17-year-olds who will be charged as adults until Oct. 1, 2019, officials said.

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Defend, Detect and Repel

Part two of a three-part series on cybersecurity for small business

Shields up: Why and how to protect your small business from hackers

43% of small businesses take no internet security precautions at all, and less than half train their employees in cybersecurity.

(McAfee, 2012; Better Business Bureau, 2017)

In short, they are playing right into hackers' hands.

Most cyberattacks target small business because they invest less in cybersecurity, are less aware of threats and their losses don't get the same attention as Fortune 500 companies.

"Small businesses have this idea that they're too small to bother with," says Mario Delapena, a Technology Advisor with Dell Small Business. "Attackers know they can get away with it. If they can get \$1,500 from you in a ransomware attack, they'll absolutely take it."

A change in perspective for small business

Instead of viewing cybersecurity as an expense, Delapena contends, small businesses should view it as an investment in their business's health.

"In your personal health, you know you need to eat healthy and exercise," he says. "You also need to know what to avoid."

In cybersecurity terms, "healthy"

living means:

- Setting strong passwords and making it a policy to change them regularly.
- Installing security software, firewalls, and secure Wi-Fi.
- Using laptops with TPM 2.0 (Trusted Platform Module) technology, fingerprint readers and facial recognition.
- Knowing not to download suspicious files or click links from strange emails.
- Investing in PCs powered by 8th gen Intel® Core™ i5 vPro™ processors, which deliver hardware-enhanced security features.

What's at risk in a cyberattack

There's the direct financial risk if a hacker is able to extort, steal or scam money from a business or its employees. But for small businesses, the risk can go much deeper.

"I ask small businesses, what would you do if you couldn't access your most important data?" says Delapena. "They have to think about the importance of efficiency and uptime. What if you had to shut down for a day? Or if all the files for a big project just went away?"



The effects tend to ripple outward. Employees might not get paid. Customers may have their own security compromised. And the harm to reputation can have a long-lasting effect.

A constantly changing threat landscape

The other thing small businesses need to remember is that cybersecurity is an ongoing and evolving practice. That's because hackers never stop refining their attacks.

"There's a ton of new stuff coming out," says Delapena. In addition to viruses, malware and other digital threats, hackers increasingly are using social skills, profiling and psychology in their attacks.

"The best thing you can do is be very cautious," Delapena concludes. "These people are very inventive and creative and have the wherewithal to try new things."

Top threats to small businesses – and how to defend against them

Phishing: Capturing usernames and passwords by creating victims to fake but real-looking login pages.

Defense: Train employees to be suspicious of unexpected emails and "from" addresses.

Ransomware: Malicious software that locks the owner out of data and demands payment in exchange for releasing control.

Defense: Don't click suspicious links or download untrusted files. Use security software to inspect files.

Data breaches: Hackers get into company files, where they can steal customer data, client work, intellectual property or financial data.

Defense: Strong passwords, computers with enhanced security features, and gigabit network protection.

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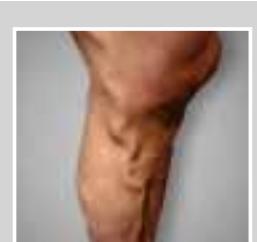
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Trump to FBI: Free rein on Kav interviews

The president warned, however, about the investigation turning into a "witch hunt."

President Donald Trump said on Monday he has given the FBI free rein to interview any witnesses it deems necessary for a comprehensive investigation of sexual misconduct allegations against Brett Kavanaugh, his U.S. Supreme Court nominee.

But Trump, speaking three days after he ordered an investigation lasting no more than a week, said he does not want the probe to become a "witch hunt" and he wants it completed quickly.

The FBI will be guided by what Senate Republicans want examined, added Trump, who ordered the investigation after Senate Republican leaders were pressed by Sen. Jeff Flake and other moderates in Trump's own party.



GETTY IMAGES

"I want them to do a very comprehensive investigation. Whatever that means, according to the senators and the Republicans and the Republican majority, I want them to do that," Trump said at a news conference.

Senate Majority Leader Mitch McConnell said the chamber will vote this week on Kavanaugh, a conservative federal appeals court judge. A spokesman for McConnell declined to clarify whether McConnell was referring to procedural votes or a final vote on whether to confirm Kavanaugh.

Trump said he instructed White House counsel Don McGahn over the weekend to give the FBI a free hand to interview whatever witnesses the agency considers necessary.

"I think the FBI should interview anybody that they want, within reason," Trump added, including all three accusers as well as Kavanaugh himself.

"We don't want to go on a witch hunt, do we?" Trump asked, mentioning a term he has used in the past to denigrate Special Counsel Robert Mueller's investigation of Russia's role in the 2016 U.S. presidential election.

Flake, backed by fellow moderate Republicans Susan Collins and Lisa Murkowski, asked for the FBI investigation. Democrats previously had demanded an FBI probe before any confirmation vote, but Trump and other Republicans opposed the move. REUTERS

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REQUIREMENTS

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- Enrolled in the Democratic or Republican party
- Able to read and write English

DUTIES

- Prepare the poll site for voters
- Assist voters during the voting process
- Close the poll site
- Canvass and report election results
- Assist other poll workers as needed

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- Does not have to be a registered voter

DUTIES

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TRAINING

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- Must be willing to travel within the borough for assignment to a poll site

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

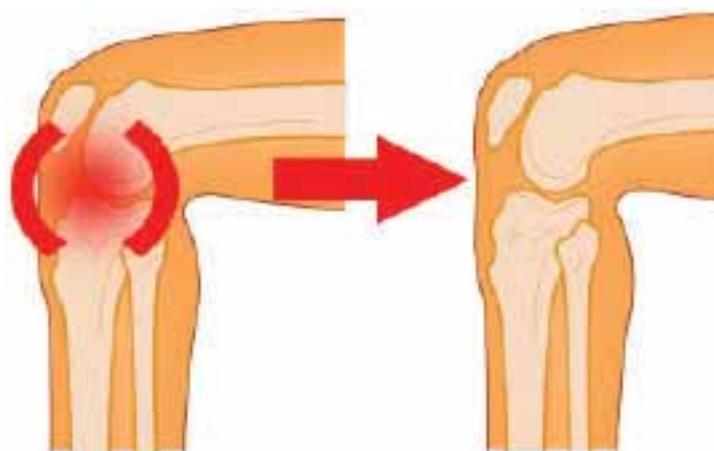
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

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Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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Sergeant Edwin Raymond, second from left GETTY IMAGES

NYPD sergeant claims department will not promote him after supporting Kaepernick

Here's what you need to know about the activist sergeant.



KRISTIN TOUSSAINT

kristin.toussaint@metro.us

other police officers filed a class-action lawsuit in August 2015 claiming that the NYPD continued to require officers to meet "fixed numerical goals for arrests and court summonses each month," per the New York Times.

As part of his effort to shed light on what he calls a racist practice by the NYPD, Raymond secretly recorded NYPD officials as they talked about fulfilling arrest quotas.

Between 2014 and 2016, Raymond recorded "almost a dozen officials up and down the chain of command" within the police department, the Times reported.

Sgt. Edwin Raymond says that the New York Police Department blocked his promotion to lieutenant because of his support for Kaepernick's protests, according to the New York Daily News.

The Daily News reported that Raymond scored No. 26 out of 1,325 sergeants on the lieutenant's test, but that "questionable allegations" filed by commanding officers regarding Raymond's response to two domestic complaints prevented him from being promoted to the rank.

"I did a press conference in support of Colin Kaepernick, using his status to put a spotlight on issues in policing that need to be fixed," Raymond, 33, told the Daily News. "Because of the controversy a lot of cops criticized him. Me being aligned with him was seen as standing with the enemy."

If the name Edwin Raymond sounds familiar, it's because he's been mentioned in the news before, and he's garnered a reputation as an "outspoken" NYPD sergeant.

Raymond is a member of the "NYPD 12," a group of officers who sued the NYPD over the department's alleged practice of quota-based policing.

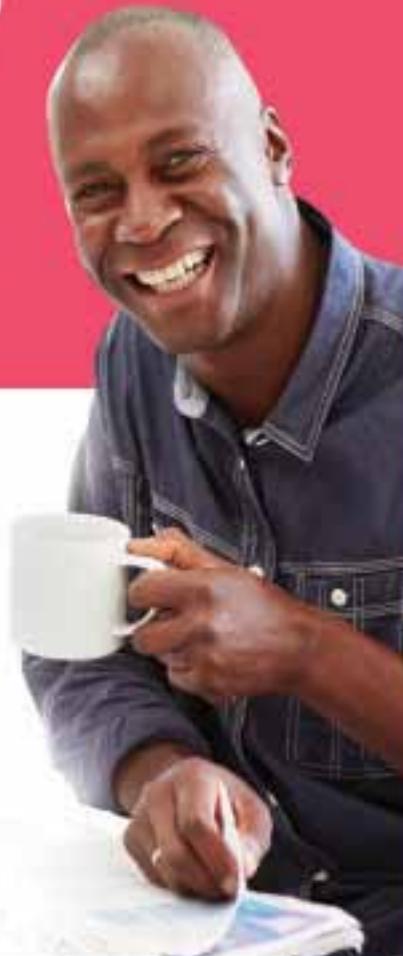
Though the NYPD had denied that quotas continued to exist within the department — a 2010 statewide ban barred the practice of arrest quotas — Raymond and 11

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Citi Bike hopes to encourage more female cyclists for Women's Bike Month

Throughout October, Citi Bike is offering a promo to get women on two wheels while benefiting the organization Girl Up.

 KRISTIN TOUSSAINT
kristin.toussaint@metro.us

To kick off Women's Bike Month on Monday, Citi Bike announced that with every new rider who signs up for the bike-share service, the company will make a donation to Girl Up, a U.N. Foundation initiative that works to achieve gender equality.

Citi Bike officials made the announcement after a group bike ride to City Hall led by Councilwoman Carlina Rivera and accompanied by the New York City Department of Transportation.

Biking has a gender problem, officials say, with women accounting for about a quarter of all bike rides across New York City. Most women cite safety concerns amid car traffic as the reason for shying away from bicycles.

"Biking in a city can certainly be intimidating, as anyone who has ridden the streets of New York can testify to," Rivera said in a statement. "But as a lifelong rider myself, I know that women face increased barriers to entry because of the additional precautions they already have to take when traveling alone through a big city. A key step toward solving this challenge is to increase safe bicycle infrastructure, and I want to commend Citi Bike for the work they do in helping to ease the path to biking safely and in bringing attention to this issue."

NYC DOT Commissioner Polly Trottenberg noted that with a record number of protected bike lanes recently built around New York City, officials have seen an increase in the number of female cyclists.

Citi Bike hopes to do even more to increase that number during Women's Bike Month with a promo-

tion that benefits Girl Up.

Any new Citi Bike rider can use the promo code GIRLUP18 this month to get a free 30-minute single ride. With each use of that promo code, Motivate, the company behind the bike-share service, will donate \$1 to the Girl Up SchoolCycle program, which provides bikes to girls across the world as a way to help them access education and stay in school.

"For many girls in countries like Malawi and Guatemala, a bike is the difference between staying in school and having to drop out due to distance," said Melissa Kilby, Girl Up co-executive director, in a statement. "We're happy to be partnering with Citi Bike so riders can help more girls get quickly and safely to school through our SchoolCycle program."

"We're happy to be partnering with Citi Bike so riders can help more girls get quickly and safely to school through our SchoolCycle program."

Melissa Kilby, Girl Up co-executive director

Citi Bike will also host community bike rides throughout October to help get more women biking around New York City, since studies have shown that women are more comfortable biking with a friend. One community ride is scheduled for Oct. 20, where young leaders of Girl Up chapters throughout the New York City metro area will host a group ride open to all. More group rides and Women's Bike Month events will be announced throughout October.



For the third year in a row, thousands of participants in the Women's March NYC will flood the streets of Manhattan in January. LENON WHITAKER IMAGES

2019 Women's March NYC set for Jan. 19

On the heels of the advancement of Brett Kavanaugh's Supreme Court nomination — and last week's explosive hearing about the sexual assault allegations against him — the date has been set for the 2019 Women's March NYC.

The third annual Women's March NYC will take place Saturday, Jan. 19 as one of the many sister events of the Women's March on Washington. The large-scale protests began the day after President Donald Trump took office in 2017 and became the largest coordinated protest in U.S. history with nearly five million participants.

"Women are outraged," Women's March co-chair Linda Sarsour told CNN Saturday. "We are enraged at the vote yesterday that came out of the Senate Judiciary Committee, and the Women's March thinks that the administration, that Republicans in America, particularly those who are elected officials, think that we were a one-hit wonder."

The mission statement on the organization's website for the 2019 Women's March serves as both a reminder to those elected officials and a rallying cry for the coming "women's wave":

"We are outraged. We are organized. They forgot that five million women lit the world on fire two years ago. On Jan. 19, 2019, we're going to remind them when we flood the streets of Washington, D.C., and cities across the globe. Save the date: The #WomensWave is coming, and we're sweeping the world

forward with us."

More than 10,000 people have already expressed interest in attending the 2019 Women's March NYC. While details on speakers and performers are forthcoming, here's what we know so far:

"We are outraged. We are organized. They forgot that five million women lit the world on fire two years ago."

Women's March website

The 2019 Women's March NYC will start at 11 a.m. on Saturday, Jan. 19, with the march stepping off at 11:30 a.m. at West 61st Street and Central Park West.

It will then follow the same route as the 2018 Women's March NYC, down Central Park West and around Columbus Circle before heading east to Sixth Avenue. Marchers will then head south on Sixth Avenue to the end of the march route at West 43rd Street and Sixth Avenue.

Organizers said all permits have been filed with Manhattan officials and the Women's March NYC will take place rain or shine.

For more info, visit womensmarchalliance.org.

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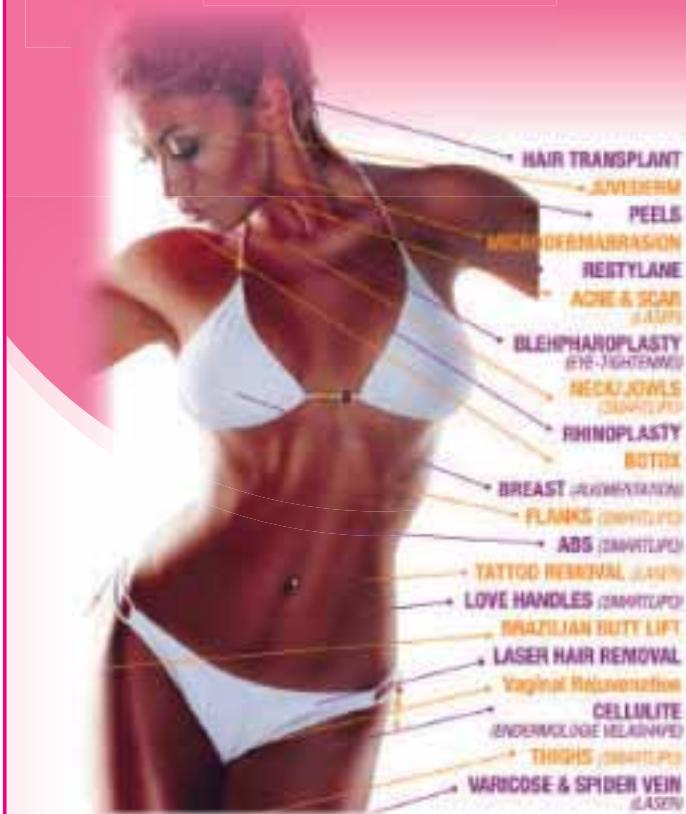
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SweatCon Rally looks to be the brunch of fitness

Tori Scott, aka the Sweat Concierge, is about to go global after Saturday's New York City sweat party.

JEFF TOMKO
Jeff.tomko@metro.us



By taking a less-is-more approach to her fitness vision, Tori Scott's SweatCon Rally has gone from a single-city niche event to an expanding women's global fitness revolution.

More than 250 participants are expected at Saturday's SweatCon Rally, a one-day fitness festival comprised of like-minded fitness enthusiasts — mostly women — participating in what's best described as a fitness pub crawl. Instead of pouring down beers, though, workout warriors will lace up boxing gloves or cycling shoes and bang out three workouts in fitness boutiques throughout the city.

Additional rallies will be held in Boston and San Diego in the next few weeks. Next year it crosses the Atlantic to London, officially making SweatCon Rally a global event — and an overwhelming success story for Scott, considering the inaugural three-day Boston rally in 2016 attracted just 32 people.

"The original feedback was positive, but the overwhelming opinion was that the time commitment was too long," Scott, founder of workout review site sweatconcierge.com, said. "I knew, though, that this was an experience people were excited about."

From pedaling at pulse-pounding RPMs at Swerve to throwing (and possibly ducking) left hooks at Everybody Fights to cooling down in a child's pose at Yoga Vida, Saturday's rally (sweatconrally.com) will offer variety at condensed 30-minute versions. "We made sure to group studios together of varying intensities so that it's completely doable and fun," Scott says.

Scott hopes to capitalize on the millennial trend that's now veering away from booze-filled weekend bar binges and gravitating more toward fitness-centric activities.

"Fitness and living a healthy lifestyle have become a badge of honor," Scott says. "Instead of going out to bars, client dinners or brunch, people are working out with others. People want to be healthy and want to connect with others. And group fitness has given people that opportunity."

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The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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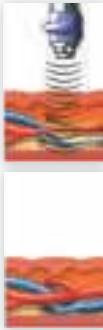
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Thyroid cancer: Know the risks



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According to the American Cancer Society, 54,000 new cases of thyroid cancer will be

diagnosed in 2018—and 75 percent of those will be in women. Even though women are, for unknown reasons, at higher risk of getting thyroid cancer, anyone in any age group can get the disease. We talked to Dr. Raymond Chai, Head and Neck Surgeon at Mount Sinai Union Square, about the condition.

What are the symptoms of thyroid cancer?

The most common symptom for thyroid cancer is a lump in the middle of the neck.

Symptoms concerning for more aggressive disease include voice changes, swallowing problems, pain, and breathing issues.

What causes it?

Thyroid cancer is a cancerous tumor or growth within the thyroid gland



in the front of the neck. The exact cause for most thyroid cancers is unknown.

In certain cases, thyroid cancer can be a genetically inherited condition but this is very rare. A family history of thyroid cancer; a history of radiation exposure to the head, neck, or

chest; and a diet low in iodine are important risk factors.

How is it diagnosed?

Thyroid cancer is usually first suspected either on physical examination by a physician or through ultrasound.

Definitive diagnosis

for thyroid cancer is made with a fine needle biopsy, usually with ultrasound guidance.

those diagnosed with thyroid cancer?

Most thyroid cancers are very curable with appropriate treatment.

However, the risk for recurrent disease can be high and careful monitoring must be performed by a medical professional after treatment.

What are some tips for prevention?

Have a physical exam every year; have a thyroid physical exam every three years if you are 20-39 years old and every year if you are 40 or older; avoid unnecessary exposure to radiation; get frequent checks if you've been exposed to radiation of the head, neck or chest and have a family history; and perform a thyroid neck self-exam, looking for asymmetries or protrusions below the Adam's apple. **SHEILA DOUGHERTY**

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Pat King
Grumble Editor

the GRUMBLE



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“THANK YOU”!

I have a 2-year-old and, at times, I'm pushing a stroller and carrying more than a few bags. If someone holds the door for me, I ALWAYS SAY, “THANK YOU!!!” Some people will see you and keep going so the door closes in your face, so I'm very appreciative when someone holds the door, and I express this to the person. Yes, kids can distract you from things, but not that. I say “thank you” regardless, and expect the same in return. No excuses!!

- Shay, Metro US reader

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NO MORE “MOSH PITS” WALKING
OUT OF THE SUBWAY

I totally agree with the reader who said we should all walk on the RIGHT side. What part of that don't people understand? - Celeste, Metro US reader

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The winning caption from Ethan S., Metro Philly reader

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Aries An emotional situation will throw you off your game. Try not to let what's going on interfere with your work life. Keep business and personal problems separate.



Taurus A business deal will lead to information that will help you make a choice you've been contemplating. Once you get the green light, speed up and don't look back.



Gemini You'll be intrigued as well as wary of people and places that you are unfamiliar with. Caution should be implemented, but not at the expense of missing out on something new.



Cancer Share your ideas, offer suggestions and bring about change. You can make a difference that will help you and those in your community, peer group or household.



Leo Be careful what you divulge. Someone will use friendliness to get you to reveal personal information. Don't be fooled; ask pertinent questions and be stingy with your responses.



Virgo Explore new avenues. The places you visit and the people you encounter will offer a host of information that will convince you to try something new and exciting. Romance is highlighted.



Libra Take a moment to collect your thoughts and consider the best way to handle anyone putting demands on you. Don't leave anything unfinished. Accomplishment will help deter complaints.



Scorpio If you open up about your feelings, you will be offered valuable information that could change your life. Be receptive and try something new.



Sagittarius Don't share secrets or give anyone access to your passwords. Someone you encounter will not be as trustworthy as you think. Put more effort into your profession.



Capricorn Settle any difference you have with a partner or co-worker. It's important that you are both on the same page if you want to be successful.



Aquarius Go over documents that are linked to someone else. Joint ventures can be good, but if one party is more moderate than the other, problems will arise.



Pisces An opportunity, financial gain or settlement is heading your way. Dealing with youngsters or a loved one or getting involved in a joint venture will bring favorable results. EUGENIA LAST

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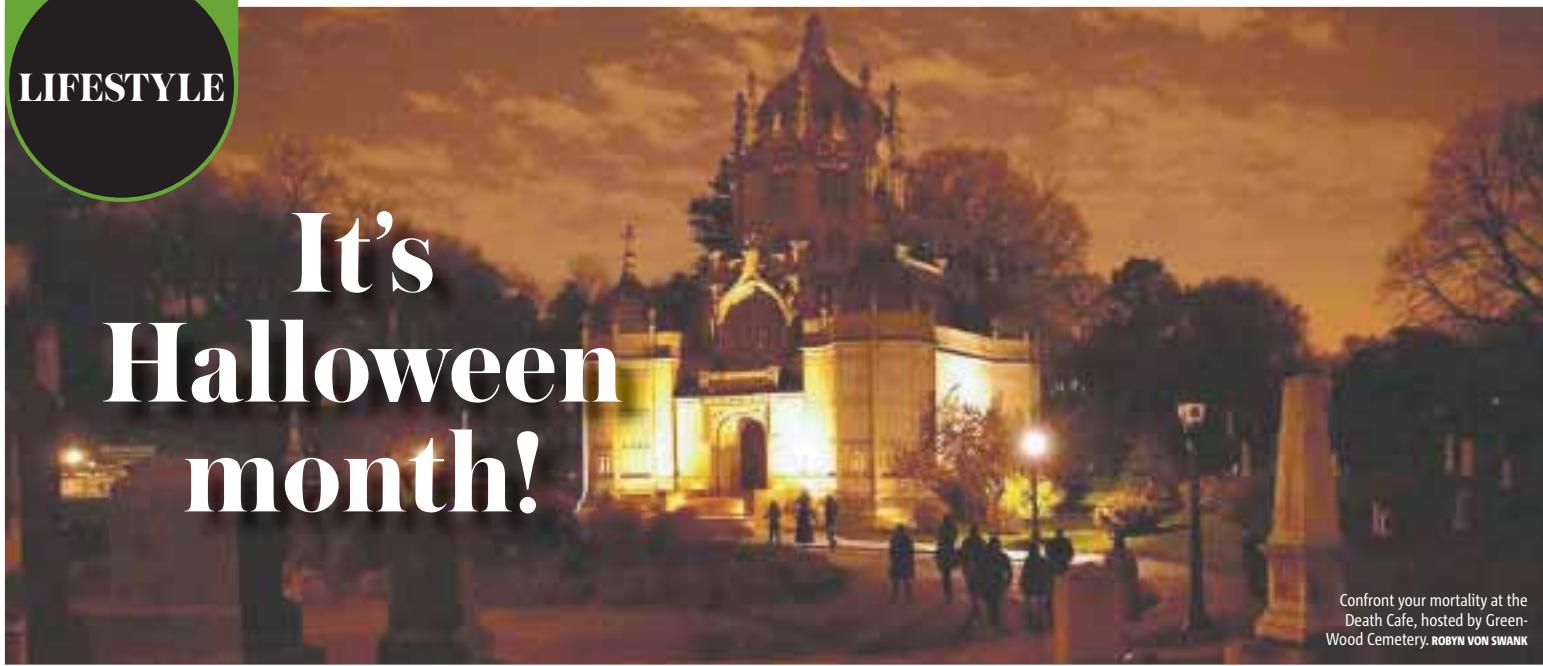
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LIFESTYLE

It's Halloween month!



Confront your mortality at the Death Cafe, hosted by Green-Wood Cemetery. ROBYN VON SWANK

Because you aren't waiting until Oct. 31 to celebrate, neither is NYC — here are some of the best Halloween events going on all month long.



EVA KIS
eva.kis@metro.us

Hear the stories behind Halloween

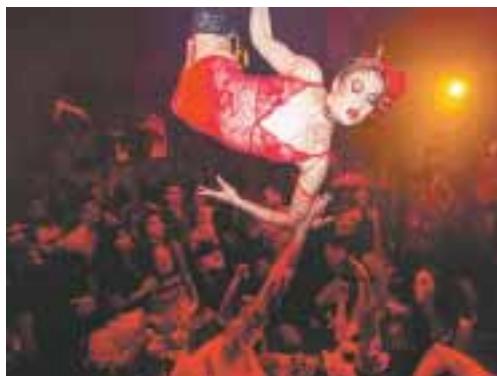
Nerds who want to know more about their favorite holiday have plenty of talks to choose from. Meet the people who made NYC's gargoyles in the 19th century and the preservationists who fought to keep them (Oct. 2, Brooklyn Historical Society), learn all about the sordid history of candy from its beginnings in the Middle East to the urban myth of razor blades in apples (Oct. 8, Caveat) or join this month's meeting of the Death Cafe to discuss the politics, philosophy and science of death (Oct. 9, Green-Wood Cemetery).

Immerse yourself in the drama of the Victorian era

The Merchant's House Museum is not only one of the oldest homes in Manhattan, it's also one of the most haunted, with popular ghost tours held year-round. But everything gets kicked up a notch in October, starting with the new exhibit "A Good Death: 19th Century Lessons in Dying Well," which finds the house draped in its mourning best as you partake in rituals that have fallen by the wayside (Oct. 4-Nov. 5), Edgar Allan Poe recitals (Oct. 12-31) and authentic funerary tunes with Chant Macabre (Oct. 18).

Break on through to the other side

The Morbid Anatomy Museum may have gone the way of its subjects, but the collection lives on through rotating exhibits inside Green-Wood Cemetery's Fort Hamilton Gatehouse. Just in time for Halloween month, the "Bridging



It's Halloween all year long inside House of Yes. SASHA CHAROENSUB

Two Worlds" exhibition contemplates how the dead find their way to the next world, what the afterlife could be like and how the living have tried to contact them. *Through Dec. 2, weekends noon-5 p.m., free, green-wood.com*

Confront your millennial fears

Nightmare Machine isn't quite the "Saw"-come-to-life experience it sounds like. Because the Instagram gallery trend has kept right on marching into fall, Brooklyn's originally sleep-themed

Dream Machine is now a neon, labyrinthine journey into your subconscious, where the things you'd rather stay in the dark come out to play. Landing somewhere between creepy and fun, Nightmare Machine has rooms devoted to UFOs, cockroaches, clowns, a fiery ball pit and a Millennial Graveyard. Too real, guys. *Oct. 3-31, Wed-Sun, 5-10:30 p.m., 93 N. 9th St., Brooklyn, \$38, visitnightmaremachine.com*

Fill your dreams to the brim with fright

The Brooklyn Horror Film Festival at Nitehawk Cinema has eight nights of terrifying fare to make sure you don't sleep all month, including a film believed to be actually deadly to festival programmers and theaters that have tried to show it and a Drunk Education panel on religious themes in horror cinema. *Oct. 11-18, brooklynhorrfest.com*

Abandon reality inside House of Yes

Bushwick's House of Yes holds costume parties pretty much every week, so Halloween isn't so much an excuse to dress up as a reason to take it to 11. Start with a disco party where you're asked to dress as dead divas (Oct. 12), then a three-night immersive horror movie experience with aerialists and a light show courtesy of Little Cinema (Oct. 16, 19 & 20), a sexy witchy edition of Poetry Brothel (Oct. 18), and general dance-until-you're-dead parties themed to cults (Oct. 19), blood (Oct. 20) and

zombies (Oct. 25). Not to mention parties all Halloween weekend.

Booze with the baboons

Not into scary stuff? The Bronx Zoo has mashed up Oktoberfest and Halloween into Brew at the Zoo, an unlimited walk-around tasting of local breweries where you're encouraged to come in costume (yes, there's a contest), walk the haunted trail and be wowed by a mentalist, plus live entertainment or make your own with karaoke. *Oct. 19, \$80, bronxzoo.com*

Drink away your fears

One of our favorite alternative acting troupes, A Drinking Game NYC, where the actors (and audience!) drink on buzzwords while performing a classic film onstage, is pulling double duty this month with "Ghostbusters" at the Bell House on Oct. 19 and "Hocus Pocus" at Brooklyn Bazaar on Oct. 31.



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Catt Sadler is fired up

The former E! host opens up about the gender pay gap, women in the workplace and what's next.



MATT JUUL
matthew.juul@metro.us

When Catt Sadler decided to leave her "dream job" at E! News after learning her male co-host was making double her salary, she knew it was a risk, but one worth taking in order to make a stand. Now, Sadler has become the face of the gender pay gap issue and she's using her platform to encourage more women to speak out. That's why she recently shipped up to Boston to speak at the Forbes Under 30 Summit, during a panel on "owning your seat at the table." Following the

event, Metro caught up with Sadler to chat about the wage gap issue and what's next for her on and off the small screen.

How would you define having a seat at the table?

I want younger women and women who are entering the workforce to know that they are valued, even early on. There's this notion that, unless you've worked 20 years, unless you have a certain title, unless you have a certain label that makes you somehow powerful, that you might not be able to have an impact, and that is certainly not the case. I think women from Day 1 are at the table and should pull up a seat. Historically, that's been difficult for us because so many men consume those seats.

So it's more about using one's voice once they arrive at the table?

Yeah! I think we're there. I think we all have a seat, it's just how we use it. So yeah, use your voice. Don't be afraid. Don't think that you don't add value, because we all do, in our own ways. Tap into whatever that is at the table and don't shrink or disappear. Own it.

How can men become better allies for women in the workplace?

It starts with caring. Honestly, it's that simple. The fact of the matter is that when women succeed, everyone succeeds. It sounds cliché, but it's true. We are their wives, daughters, sisters — they have a vested interest to care about moving women forward. It starts with just waking up and caring. As small as it



GETTY IMAGES

seems to be an advocate, you can do something every single day that makes a difference in the lives of women.

What's next for you on and off TV?

The intention was just to share my truth. The fact that somehow I've found myself in a position to make change and there are people who I can speak for who don't have a voice and I was able to leave my job when so many women aren't and now speak to this issue, is so gratifying. In one sense, my work is to carry on this cam-

paign for women who can't just quit their jobs overnight and are stuck. I can't tell you how many friends I've made all over the world through this experience. It's just so rewarding, I can't even begin to tell you.

I'm on fire for this new passion of mine, but TV is in my core. I was on TV for 20 years and I will be back. But I'm just kind of taking my time. I'm in the development phase now of pitching a few shows and I want to do some of that as it pertains to women in the workplace, docuseries work. But also, my expertise is

Hollywood and fashion and entertainment and movies and music, so I will play in that world again soon. My production company is called Love Bug Entertainment. I have my own website, so I do a lot of interviews in a series called "Naked with Catt Sadler," so I'm developing a podcast out of those interviews. I'm just enjoying the creative process right now of not just being a puppeteer on TV everyday, going on assignment, doing what somebody else tells me to do. Now a whole new world has opened up to me and I'm so grateful.

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BODY LIFT	FACE LIFT	NOSE RESHAPING
BOTOX	LIP PLUMPING	INJECTABLES
SMART LIPOLYSIS	BRAZILIAN BUTT LIFT	BODY LIFT
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The two reasons why silent cinema was the greatest era for comedy

Oscar nominee Peter Bogdanovich talks America's film culture and the genius of Buster Keaton.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

With "The Great Buster: A Celebration," Oscar-nominated director Peter Bogdanovich looks to remind people of the brilliance of Buster Keaton while unleashing the audacious and thrilling work of the legendary silent comedian on a brand new audience, too.

Bogdanovich is well aware of the difficulty of this task. He recently admitted to Metro, "I think a lot of the kids don't know who he is."

"They don't know anything from the silent era," says Bogdanovich. "You talk to them about the silent era, you might



"The Great Buster: A Celebration" debuts this month. GETTY IMAGES

as well talk to them about Sanskrit. They don't like black-and-white [movies] either, which is really stupid."

Bogdanovich, who shot to prominence directing "The Last Picture Show," "Paper Moon" and "What's Up, Doc?" in the 1970s, even went as far as to say, "I think there is hardly any film culture left in the United States."

"We don't have a rich film culture in this country," he says. "Hopefully this will bring [Keaton] back to the attention of people that want a good

laugh and want to see a genius of comedy."

Any self-respecting cinephile will instantly want to watch and learn more about Keaton after seeing just one of the performer's myriad of stunning stunts, too.

"One of his most extraordinary stunts was in 'Our Hospitality,' when he swings out on a log and catches that girl falling down a waterfall," says Bogdanovich when asked about his favorite Keaton sequence. "That's pretty spectacular. But there's a number of them. Like

the house falling on him. You're just like, 'How the hell did he do that?'"

For Bogdanovich, the silent films of the 1920s remain unparalleled, so much so that he, as well as many other movie historians, still believe it to be the greatest era for comedy.

"I think it was for two reasons. One is that it was all in black and white and not in color, which is distracting for comedy," says Bogdanovich. "You start saying, 'Look at his nice hair and blue eyes and all that.' People are distracted by colors. And also that no talking means that you don't have to wait for laughs."

"You can just build one laugh on top of another," he adds. "That leads to hilarity much more easily than talking pictures, where you have to wait for a laugh. You have to be careful about waiting for a laugh, you see."

"The Great Buster" opens in select theaters Oct. 19.

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Islanders making trade calls ahead of new season

We're just days out from the start of the NHL season, but that isn't stopping the Islanders from testing the market.



JOE PANTORNO
joseph.pantorno@metro.us

While the start of the New York Islanders' regular season is just three days away, it doesn't necessarily mean that management is content with the current roster.

On Sunday, head coach Barry Trotz told Newsday's Andrew Gross that team president Lou Lamoriello has been "working the phones hard" to find a last-minute upgrade prior to the team's first game on Thursday night against the Carolina Hurricanes.

A big deal like this would be something taken from the pages of former general manager Garth Snow. While he will always be remembered for his inactivity and unwillingness to make moves on the market, he shockingly acquired Nick Leddy and Johnny Boychuk just days before the start of the 2014-15 season. The



Artemi Panarin is just one of a few possible trade targets the Islanders might be pursuing. GETTY IMAGES

late trades helped the Islanders put up 101 points on the season, the most since the 1983-84 season.

At the moment, the Islanders look as though they will be a team fighting just to stay out of the basement of the Metropolitan Division alongside the crosstown-rival Rangers.

With no true replacement for John Tavares after he signed with the Toronto Maple Leafs on Jul. 1 and no upgrades for a defense that was the worst in hockey last year, things are looking bleak.

It will put a ton of pressure on second-year center Mathew Barzal, the reigning Calder Trophy winner, and 40-goal scorer Anders Lee to produce while Boychuk and Leddy have to stay healthy and try to improve things for new No. 1 goaltender Robin Lehner.

But if Lamoriello has a trick or two up his sleeve, the Islanders could make one last late move to brighten their outlook heading into the regular season.

Here are a few names who could be available for the Islanders to nab:

ARTEMI PANARIN

Panarin's time with the Columbus Blue Jackets is nearing an end after no contract extension talks. The soon-to-be free agent will likely be dealt before the February trade deadline. If the Blue Jackets fall out of contention early, it will be well before that. However, the Islanders have the young talent to nab the Russian. The problem is, they would need a guarantee that he would re-sign with the Islanders in order to give up a big package. Panarin has averaged

close to 30 goals in his first three seasons in the league.

MATT DUCHENE

The Ottawa Senators forward has continuously been linked with the Islanders for over a year now, even when he was playing for the Colorado Avalanche. Duchene had expressed a desire to stay in Ottawa, but that was before the Erik Karlsson trade to the San Jose Sharks. With the team going nowhere, he could want out and he could want it soon. The Islanders and Senators have discussed a trade involving Duchene earlier this summer.

WILLIAM NYLANDER

The Maple Leafs might not want to trade the young winger just yet, but they might need to make some room to re-sign the likes of Mitch Marner and Auston Matthews down the road. Nylander has not been with the Maple Leafs throughout the preseason; rather, he's training in Europe as he awaits a new contract. The 22-year-old is a restricted free agent and is coming off a pair of 20-plus-goal seasons.

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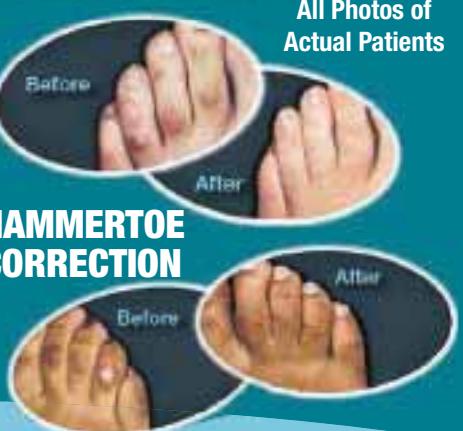
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3 Positives to take



Jeff McNeil's strong debut will make him the favorite to start at second base next season. GETTY IMAGES

While the Mets will have no playoff baseball again, there are some promising signs for the future.



JOE PANTORNO
joseph.pantorno@metro.us

As the Mets languished near the cellar of the division and at times, the National League, there were some promising signs that developed in the final months of the 2018 season.

Here are three:

THE DEVELOPMENT OF A STRONG STARTING TRIO

Another New York Mets season has come and gone with a feeling of overwhelming disappointment looming not far above the organization.

This was a team that had genuine hopes of competing for a National League East title. Instead, injuries and underperformances dominated for a majority of the season as mediocrity reigned supreme.

For the eighth time in the past 10 years, the Mets put up a win total that landed in the 70s at 77-85, a horrific June in which the team went 5-21 creating a hole that it could not climb out of.

While the "Fantastic 5" (or whatever Jacob deGrom, Noah Syndergaard, Zack Wheeler, Steven Matz and Matt Harvey wanted to be called) are no more, the second half of the season offered a glimpse of just how good the Mets' rotation could be — especially with their top three arms.

There cannot be enough said about the season deGrom just had, as he put in one of the finest pitching performances in Major League Baseball history.

Forget the 10-9 record that came

because of an inept offense; deGrom's 1.70 ERA was the second-lowest single-season mark in the past 23 years. He became just the third pitcher since 1908 to have an ERA of sub-2.00 with 250-plus strikeouts (269) with less than 50 walks (46). The other two were the legendary Christy Mathewson (1908) and Pedro Martinez (2000).

The National League Cy Young Award is as good as his.

Behind the ace deGrom, Syndergaard battled through an inconsistent season that once again was plagued with injury issues that kept him out from May 25 to Aug. 1 save a pair of starts. In his final six starts of the season, though, Thor went 4-1 with a 1.73 ERA,

lowering his mark from 3.51 to 3.03. Everything came together on the last day of the season on Sunday against the Miami Marlins, when he conducted a complete-game shutout in which he allowed just five hits and struck out six.

A surprising third arm to this equation was Wheeler, who looked destined to be playing his ball elsewhere at multiple points this season. After missing two years because of his recovery from Tommy John sur-



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JACOB DEGROM

from Mets '18 season

gery, Wheeler struggled mightily in 2017, with a 3-7 record and 5.21 ERA.

After initially not making the MLB roster out of spring training to make room for Jason Vargas, injuries allowed the 28-year-old to get another chance with the Mets.

It didn't start well as he was 2-5 with a 4.98 ERA over his first 12 starts. But something clicked under the tutelage of manager Mickey Callaway and Dave Eiland as Wheeler suddenly found his stuff.

In his final 17 starts of the year, the righty was magnificent, going 10-2 with a 2.30 ERA before being shut down in late September to preserve his arm.

JEFF MCNEIL

While the Mets have opted to keep star prospect Peter Alonso down in the minors, they did call up second baseman Jeff McNeil in late July.

It was a no-brainer considering the 26-year-old was batting .342 with 19 home runs between double-A and triple-A ball in 2018.

He didn't miss a beat once he made the jump to the majors as all McNeil did was hit upon his arrival to the Mets.

In 63 games (225

ABs), McNeil slashed .329/.381/.471 with three home runs and 19 RBI to go with seven stolen bases. Those kinds of numbers are perfect for a Mets team to pair up with a high on-base percentage talent like Brandon Nimmo, who finished fourth in the majors with a .404 OBP this year.

If Nimmo continues to see his power numbers trend upwards — he hit 17 home runs in 140 games — McNeil could become the team's everyday lead-off man for the foreseeable future.

AMED ROSARIO

There was legitimate concern for Mets top prospect Amed Rosario heading into the second half of the 2018 season.

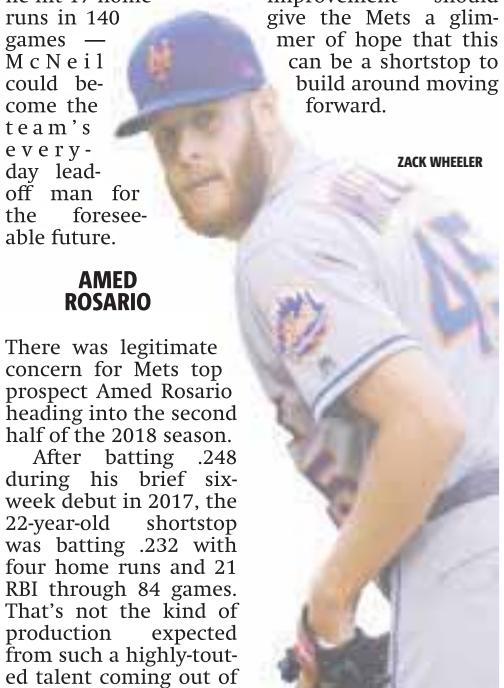
After batting .248 during his brief six-week debut in 2017, the 22-year-old shortstop was batting .232 with four home runs and 21 RBI through 84 games. That's not the kind of production expected from such a highly-touted talent coming out of

the minors.

The second half, though, saw Rosario start to look much more comfortable at the plate. In the final 70 games of his season, he batted .277 with an OBP of .310 while adding five home runs and 30 RBI to his stat line.

While he will still need to increase that OBP if he wants to move up in the lineup, that kind of offensive improvement should give the Mets a glimmer of hope that this can be a shortstop to build around moving forward.

ZACK WHEELER



Amed Rosario's strong second half to the season should calm some nerves around the organization. GETTY IMAGES

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18 Making no sense
20 Suffix for count or heir
21 Finest
22 Exhausted
23 Deride; ridicule
25 Name with Fannie or
Ginnie
26 Plant destroyers
28 Brutes
31 Film holders
32 France's dollar before the
euro
34 Record speed letters
36 Floor pads
37 Terrible fear
38 Scrabble piece
39 Jet __; personal watercraft
40 Toots the horn
41 Bangkok folks

42 Made points
44 Century 21 employees
45 Group of whales
46 Injured arm support
47 Mumbai's nation
50 Tiger's game
51 __, dos, tres...
54 Indirect
57 Entreaty
58 Part of the leg
59 Actor __ Ledger
60 Compass point
61 Auctioneer's cry
62 __ end of the day; ultimately
63 Carney & Linkletter

DOWN

1 Sort; variety
2 Dumbo's "wings"
3 Painkiller
4 Firmament
5 Foreigners
6 Fear the __; be pessimistic
7 Kentucky's __ Knox
8 Third-largest nation: abbr.
9 __ up; ease
10 Hillsides
11 "The __ Ranger"
12 Wise __ owl
13 Dissolve

19 Father of Esau & Jacob
21 Unformed flowers
24 Feels ill
25 Repair
26 Weapons
27 Mountaintops
28 Cries from the flock
29 Wedge's shape, usually
30 Divided
32 Mr. Flintstone
33 Pelosi's title: abbr.
35 Disarray
37 Landowner's paper
38 Every now and __; occasionally
40 Wide
41 End-of-the-work-week
expression
43 Gave one's views
44 __ time; constantly
46 Word in 2 U.S. state names
47 Annoys
48 Forbidden thing
49 Sword fight
50 Sheep's cousin
52 Home of twigs
53 Dobbin's dinner
55 __ moment; instant of
realization
56 Gamble
57 Tiny vegetable

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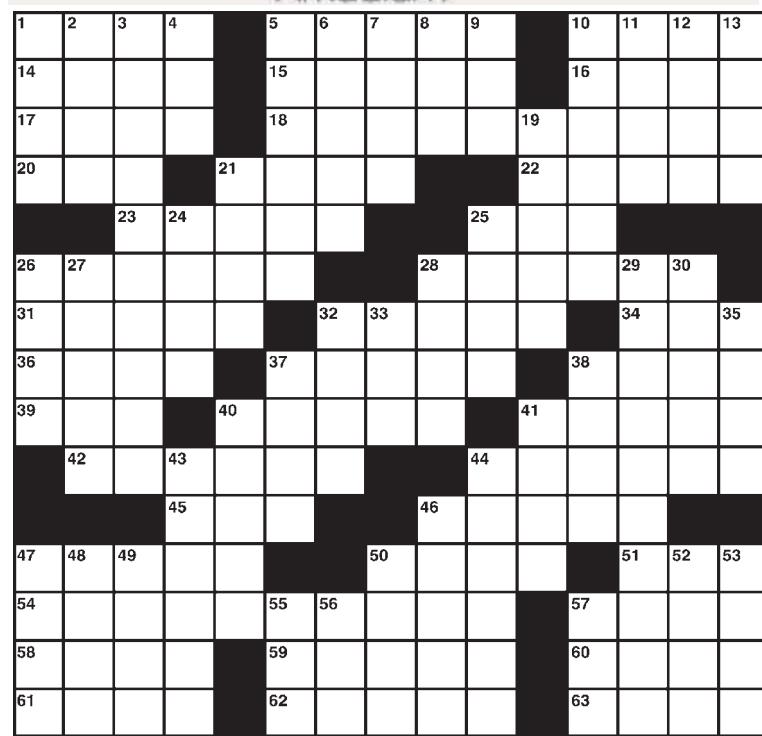
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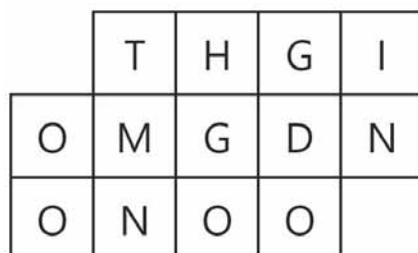
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